

Inner Healing

By Angie Gassaway

Sometimes, when people accept Jesus into their heart and invite Him to be their Lord and Savior, they have a powerful encounter that turns their world upside down. Those who observe this transition can visibly tell that this person was completely changed, even to the very core of who they are. There is a supernatural grace to lay down our lives and fully take on the character of Christ. This is available to all who call upon the name of the Lord, but many times, this transaction does not immediately take place. In some cases, this may take months or years. In other cases, a believer can walk with Jesus for 20 years, and still never have this life changing encounter that changes the thoughts, emotions and choices. We can identify this as a need for **Inner Healing**.

Even in those cases with Christians who had a powerful life change after salvation, there is still a need for inner healing and deliverance. In most cases, our pride tells us that we have it all together and are not in need of any assistance from others. In my experience, even those in ministry who look like they have it all together, are still in just as much need of inner healing and deliverance as those who manifest negative thoughts, words, or actions outwardly.

What is Inner Healing and Deliverance?

Deliverance is the practice of commanding demons to leave a person or a place in the name of Jesus. This is an event that happens in a matter of moments. Demons must flee at the name of Jesus. Sometimes people have multiple demons, and this deliverance process tends to take more time, depending on the type of deliverance prayers that are used, and according to the desperation or willingness of the one being delivered.

Inner Healing is the process through which our Soul is brought into healthy balance. This is a much longer process. The Soul consists of the Mind (thoughts), the Will (our choices), and the Emotions (how we feel). Even when we have been delivered of demons, there still may be un-healthy inner thoughts, bad life choices, and negative emotions that keep us from walking in the fullness of what Christ paid for on the cross.

How Do We Facilitate Inner Healing and Deliverance?

For decades, there has been a lack of discipleship in the churches. Discipleship is submitting to being taught and trained to follow God and walk in His ways. This church wide discipleship deficiency allows believers to come to church services every week, and never truly get rooted and grounded in the church, or in Jesus. No one calls to check on them. No one is asking about their sin or their struggles. No one is encouraging them personally.

There are 3 Types of Healing and Deliverance Processes:

1. General Deliverance
2. Breaking Generational Curses and Soul Ties
3. Inner Healing

Deliverance can be administered in the middle of a church service, in a prayer line, or in a scheduled meeting with a deliverance team. The initial stage of Inner Healing can be administered in a series of meetings, classes, counseling sessions, or through a mentor or spiritual parent. Although the initial application of Inner Healing can be facilitated over the course of a few weeks or months, the process to walking in the fullness of Jesus and His character is developed over a life time. Inner Healing never stops.

Inner Healing is the lifetime process of being DISCIPLED to walk in the fullness of Christ; our thoughts, our choices, and our emotions aligned with Him.

Our thoughts are renewed as we learn and study the word of God.

Our choices change as our thought life is healed.

Our emotions are healed as we uncover the lies we have believed from the enemy. We then use the word of God as a weapon when negative emotions arise.

Psalm 19:7-14

*⁷The law of the LORD is perfect, converting the soul;
The testimony of the LORD is sure, making wise the simple;
⁸The statutes of the LORD are right, rejoicing the heart;
The commandment of the LORD is pure, enlightening the eyes;
⁹The fear of the LORD is clean, enduring forever;
The judgments of the LORD are true and righteous altogether.
¹⁰More to be desired are they than gold,
Yea, than much fine gold;
Sweeter also than honey and the ^[h]honeycomb.
¹¹Moreover by them Your servant is warned,
And in keeping them there is great reward.
¹²Who can understand his errors?
Cleanse me from secret faults.
¹³Keep back Your servant also from presumptuous sins;
Let them not have dominion over me.
Then I shall be blameless,
And I shall be innocent of ^[g]great transgression.
¹⁴Let the words of my mouth and the meditation of my heart
Be acceptable in Your sight,
O LORD, my ^[h]strength and my Redeemer.*

Let's take this scripture verse by verse and see how it relates to Inner Healing.

*⁷The law of the LORD is perfect, converting the soul;
The testimony of the LORD is sure, making wise the simple; (Psalm 19:7)*

It is the Word of God that will convert our soul (mind, choices, and emotions). In whatever areas that we have come into agreement with the kingdom of darkness by agreeing with lies that oppose the Word of God, we must repent for those lies, and choose to agree with the truth in God's word. This is done by identifying the lies through journaling or discussing our past with those we trust. Those who are trained in Inner Healing will help you to identify the lies that were established in your past. The next step is hand picking specific scriptures that are the opposite of those lies. Some may find it easy to find these life scriptures. Others may need assistance to find the appropriate scriptures.

Once you have identified the lies you have believed, and the truth of God's word regarding those lies, we create positive statements about ourselves, about others, and about God, that we will be able to turn to in the middle of internal conflict. We then pray to ask the Holy Spirit to speak to you in the midst of the negative emotions that manifest when pressure comes. It is in that moment that we must identify the thoughts that come when we are believing a lie, and address the emotions that plague us in the middle of the storm. As we recognize this negative pattern and find ourselves thinking wrong thoughts or feeling unhealthy emotions, we must stop ourselves, and even remove our self for a few minutes. We must re-focus on the truth of God's word regarding the lie. This must be done over and over again until the lie is no longer affecting our emotions.

Inner Healing Outline:

1. Establish a **RELATIONSHIP** with a mentor, spiritual parent, or teacher facilitating an Inner Healing class.
2. **JOURNAL** or participate in counseling to go through past traumas, and childhood details.
3. Identify the **LIES** that we have come into agreement with (strongholds).
4. Identify the Scriptures or **TRUTH** that is the opposite of the lies.
5. When inner conflict arises, immediately **TURN** to the truth and resist the lie.
6. **SHARE** your struggles, your progress and your success with the one holding you accountable.
7. Be committed for the long haul. This is a life time process facilitated through **DISCIPLESHIP**.

Regarding the second part of Psalm 19, verse 7:

The testimony of the LORD is sure, making wise the simple. (Psalm 19:7 b)

What is the Testimony of the Lord?

*For the testimony of Jesus is the spirit of prophecy. **Revelation 19:10b***

*My sheep hear my voice, and I know them, and they follow me. **John 10:27***

The next step to inner healing is establishing true intimacy with Jesus. Prophecy is simply hearing the voice of God and sharing what he said with someone else. There is nothing more thrilling and fulfilling than hearing the voice of the one who made you. Hearing God's voice is easy for some, but has to be developed over time for others. Many who struggle to hear the Lord speak to them are struggling with issues of the heart and a lack of intimacy.

For those who have deep wounds from their earthly father or deep wounds from other trauma, it can be very hard to attain intimacy with Jesus. The Word of God says that He delights in us and enjoys us, even in our mistakes and weaknesses (Psalm 18:19, Psalm 147:11, Zeph. 3:17). Part of the Inner Healing process is learning how to allow God to delight in us.

Contemplative prayer is a form of prayer where we don't ask God for anything or come to Him with any agenda. We simply come to Him to enjoy Him and to allow Him to enjoy us. God sent His son Jesus to die on the cross for us so that He could purchase us, or buy us back from the enemy. He has paid such a weighty price to have us as His inheritance, but many times we don't allow Him to really enjoy what He paid for. For many, this will be a long process as we convince ourselves through the Word of God that we are valued by Him and he **DOES** in fact delight in us.

*⁸ The statutes of the LORD are right, rejoicing the heart;
The commandment of the LORD is pure, enlightening the eyes; (Psalm 19:8)*

We can see that God's ways and laws are good, and they bring joy to the heart. There is a song that says, "Open the eyes of my heart, Lord." As we learn God's ways and His word, it opens our eyes; not only to understand spiritual things, but also to see things clearly in the natural realm. Inner Healing should bring healthy spiritual vision.

*⁹ The fear of the LORD is clean, enduring forever;
The judgments of the LORD are true and righteous altogether. (Psalm 19:9)*

The fear of the Lord is one of the seven Spirits (attributes) of God (Isaiah 11:1-3). When the fear of the Lord is established in the heart, we experience a reverence and honor for God and His ways. We are no longer willing to trample Jesus underfoot by willfully choosing to sin. We will no longer treat the sacrificial blood of Jesus as a common thing. We will no longer insult the Spirit of Grace (Hebrews 10:26-31).

The Lord's judgments are hard to understand sometimes. We cannot comprehend how bad things happen to good, God-loving people. There are many resources to help us understand the judgements of the Lord. We must develop a healthy view of God and His chastising so that we will not get offended at Him when trials and struggles come. His ways are higher than our ways, and His thoughts are higher than our thoughts (Isaiah 55:8-9). The Word of God tells us to count it all joy when we experience trials (James 1:2). Over time, as we continue in the Inner Healing process, we will come to trust the Lord and His judgements.

*¹⁰ More to be desired are they than gold, Yea, than much fine gold;
Sweeter also than honey and the honeycomb. (Psalm 19:10)*

As we learn the concepts and truths in God's Word, we fall in love with them. To fall in love with the Word of God is to fall in love with Jesus Himself, since He Himself is the Word. I have tasted and I have seen that the Lord is good (Psalm 34:8). Spiritual healthy brings peace and joy. These are more valuable than gold and riches. His Word is what brings about this change. That is what makes His Word sweeter than honey.

*¹¹ Moreover by them Your servant is warned,
And in keeping them there is great reward. (Psalm 19:11)*

Many believe that following God means we miss out on things of the world and are deprived of pleasure. This is a lie, straight from the enemy's camp. The Word says that in His presence is the fullness of joy, and at His right hand are pleasures forever more (Psalm 16:11). When we follow God's ways, we are protected from unnecessary pain and suffering. What is even more amazing than that is, when we enter into trials and tribulations as a Christian, we can still have joy and peace, even in the middle of the storm. This is our great reward!

Learning how to endure suffering without getting offended at God is one of the biggest challenges to Inner Healing.

¹² Who can understand his errors? Cleanse me from secret faults. (Psalm 19:12)

Secret faults are masked and hidden by pride. They originate in the thought life. Just because someone looks healthy on the outside doesn't mean there are not inner thoughts and emotions that need to be healed. Inner Healing is the process of healing even the deepest hidden thoughts and emotions that we have been too ashamed to share with others.

Many times, we don't see our inner weakness, but others do. We may work hard to hide our inner weakness from others, but those with discernment can see right through the mask. If we do recognize the weakness, many times we deceive ourselves to think those unhealthy thoughts or emotions are normal and there is nothing wrong with us.

How to Break Pride and Expose Hidden Faults:

1. Admit that we **ALL** have (or have had) secret faults and pride.
2. Realize there is hope to reach spiritual maturity and walk in the fullness.
3. Ask God to search your heart and reveal any areas of deception.
4. Ask those in authority over you to share what they see and discern.
5. Share your inner struggles, thoughts, and emotions with one that you trust.
6. Be committed to the Inner Healing Process through Discipleship.

¹³ Keep back Your servant also from presumptuous sins; Let them not have dominion over me. Then I shall be blameless, And I shall be innocent of great transgression. (Psalm 19:13)

Definition of Presumptuous:

Failing to observe the limits of what is permitted or appropriate (*of a person or their behavior*).

Ignorance is not bliss. What we don't know *can* and *will* hurt us. Presumptuous sin is done in ignorance. Sometimes there is a sincere lack of knowledge and understanding. Other times, we ignore that inner voice that tells us our thoughts or behaviors are not pleasing to God. Deep down we know we need to change, but on the surface, we have convinced ourselves that we are in right standing with God. We must ask God to show us healthy boundaries so we will know what things are permitted and appropriate.

When we learn what is permitted and appropriate unto God, we must then make a commitment to draw near to God, resist the devil (James 4:7), and refuse to let sin have dominion (control). We do not have to earn God's love, and He doesn't love us any less when we make mistakes. This just means we are making a commitment to do what is right in the eyes of God and refuse to live our lives like the rest of the world. We invite the Lord in to change us; even our identity and character, that we would eventually walk, talk, act and process things in a Godly way. We lay down our identity and character and take on the identity and character of Christ.

¹⁴ Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer. (Psalm 19:14)

This verse is a perfect picture of true inner healing.

When we have gone through the process of discipleship to reach spiritual maturity, the words of our mouth and the inner thoughts of the heart will be acceptable in His sight.

Words of My Mouth

Healthy speech is a sign of spiritual maturity and a fruit of inner healing.

² For we all stumble in many things. If anyone does not stumble in word, he is a ^[a]perfect man, able also to bridle the whole body. But no man can tame the tongue. It is an unruly evil, full of deadly poison ... ⁹ With it we bless our God and Father, and with it we curse men, who have been made in the ^[b]similitude of God. ¹⁰ Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so.

James 3:2, 9-10

Death and life are in the power of the tongue, And those who love it will eat its fruit.

Psalm 18:21

Meditation of the Heart

Keep your heart with all diligence, For out of it spring the issues of life. **Proverbs 4:23**

¹⁴ But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. ¹⁵ This wisdom does not descend from above, but is earthly, sensual, demonic. ¹⁶ For where envy and self-seeking exist, confusion and every evil thing are there. ¹⁷ But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. ¹⁸ Now the fruit of righteousness is sown in peace by those who make peace.

James 3:14-18

Even when we have trained ourselves to behave outwardly, what are the inner thoughts and emotions we feel? Does the enemy still have access to your thoughts and emotions? This is the true measure of our level of inner healing.

Conclusion

Steps to Inner Healing:

1. **GOD'S WORD** brings true conversion of the soul (Inner Healing).
2. Hearing God's voice for ourselves through **INTIMACY** with Jesus.
3. Through the Word and Fellowship with God, we **IDENTIFY the LIES**
4. Search out the **TRUTH**
5. The **FEAR of the LORD** is established and we get serious about walking in **HOLINESS**
6. The **WORD** will protect us and we will start to enjoy the **REWARDS** (*the Fruit*).
7. Learn how **NOT to be OFFENDED** in trials. We learn **HEALTHY WARFARE**.
8. Ask the Lord to **SEARCH OUR HEARTS** for Pride, Hidden Faults and Secret Sins.
9. Our **WORDS** will come into healthy alignment with God.
10. Our **THOUGHTS** will come into healthy alignment with God.
11. We continue on the inner healing process, being transformed from Glory to Glory.